

Good practices

COMM_613ABC_EN

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Description of the problem / exercise: **How do I feel?**

The purpose of the exercise/game is to:

- express basic emotions with non-verbal elements
- conveying simple verbal and non-verbal messages

Steps of the exercise/game

Preparation: I associate emotions with the red, yellow, green and blue, hang the colors on the board, and then depict the emotions with figures. In my case, red means anger, yellow means cheerfulness, green means outdoor fun, and blue means sleepiness. I discuss the meanings of the colors with the students, then I take out the triangular Poly-Universe set and we discuss the meanings of the dimensions of an element: the base color shows the basic feeling that dominates in me now, the large size shows what affects this feeling the most, the medium size shows what is less typical of my feelings, and the small size expresses the least typical feeling.

The exercise/game itself: After discussing the rules and colors, I ask the students to choose items to express their feelings. After everyone has chosen, they take turns telling why they chose that color figure.

The course of the practice/game: After everyone has said their opinions, I pull out both the square and circle sets and ask them to choose items in colors that match their emotions and use them to make/build something that best represents them.

Summary: Finally, I ask them to draw their weekend / or day and color the people in red, yellow, green, blue depending on how they felt.

- *Why this exercise is good:* Students express their emotions more easily and bravely with the help of a game/item. Students with a poorer vocabulary are also not at a disadvantage when expressing their emotions.
- *Which level is recommended:* Primary school, but also among secondary school students
- *School subject(s):* Personality development, moral education
- *Comments:* Colors can be associated with any other emotions, depending on the purpose of the exercise. It is not mandatory to complete the exercise. It can also be divided into parts.

Pictures:

